

Additional Resources

Texas Attorney General's Office, Child Support

Rural county cases: 4630 50th St. Ste 305(806) 763-3981

Lubbock cases: 4630 50th St. Ste. 200. (806) 767-0521

This agency will locate absent parents, establish paternity, establish, enforce, and modify child and medical support orders, and collect and distribute child support monies.

Texas Department of Family and Protective Services

Child Care Licensing.(806) 762-8922

1622 10th St., Lubbock

Children's Protective Services.(806) 762-2680

5402 S. Ave. Q, Lubbock

Child Abuse Hotline: (800) 252-5400

The Shaken Baby Alliance.(877) 6-END-SBS

Offers support and information for families affected by Shaken Baby Syndrome and professionals needing information and referral services. www.shakenbaby.com

Family Outreach Center.(806) 747-5577

#5 Briercroft Office Park, Lubbock

Community-based volunteer organization working to prevent child abuse and neglect and strengthen family life. Information on Shaken Baby Syndrome and parent education.

Other Assistance

Paternity Testing.(800) 362-2368

Women's Protective Services (806) 748-5292

Toll free 1-800-736-6491

Crisis Hot Line: (806) 747-6491

Texas Workforce Center(806) 765-5038

South Plains Food Bank (806) 763-3003

Lubbock Housing Authority. (806) 762-1191

South Plains Regional Housing(806) 894-4560

Lil' Precious Steps
Early Learning Center
A partner site of Texas Tech University
Early Head Start
918 Zenith Ave
Lubbock, Texas 79403
(806) 762-2565

A high quality child care for infants and toddlers 6 weeks to three years old

Your child will receive:

- Quality early education by credentialed teachers
- Healthy meals
- Developmental screenings
- **FREE** diapers, wipes, formula, baby food

Bring to Apply:

- Birth Certification
- Address verification
- Income verification (last 12 months)
- Medical insurance information

Priority given to families receiving Child Care Services (CCS).

What it's all about...

Early prenatal care is an important component of safe motherhood programs, which aim to improve maternal and infant health outcomes. Women who receive late or no prenatal care lose timely preventive care and education and are at risk for having undetected complications of pregnancy.

Routine well child checkups beginning at birth are the best way to detect disabilities or developmental delays. Identifying children with problems early helps minimize or prevent future problems and increase the likelihood that these children will develop to their highest potential.

This informational booklet was designed to assist individuals and organizations that provide services for healthy pregnancies and infants in the Lubbock area. This does not include every resource that may be available through other organizations in the region. *Resources identified in this book do not have the endorsement of the Department of State Health Services and may not be accessible to persons with disabilities.*

For corrections, additions, or deletions to this booklet, please contact Tricia Vowels at the Department of State Health Services (806) 783-6482 or tricia.vowels@dshs.state.tx.us.

Breastfeeding

Breastfeeding Help and Referrals in Texas

1-800-514-MOMS (6667)

www.dshs.state.tx.us/wichd/bf/hotline.shtm

Statewide Lactation Support Hotline

1-800-514-6667

Hours: 8:00 a.m. to 5:00 p.m. on Monday, Wednesday, Thursday, 8:00 a.m. to 6:00 p.m. on Tuesday, and 8:00 a.m. to 2:00 p.m. on Friday.

Texas Lactation Support Directory

www.dshs.state.tx.us/wichd/bf/direct.shtm

- ◇ Breastfeeding helplines in Texas
- ◇ Lactation specialists listed alphabetically
- ◇ Lactation specialists by county
- ◇ Spanish speaking lactation specialists by area code
- ◇ Breastfeeding promotion, education, milk banks, research and referral
- ◇ International Lactation Consultant Association
- ◇ National and international resources

Breastfeeding support group: discussion with a lactation specialist in a casual, informative atmosphere. Covers a variety of topics and individual questions. Bring a lunch and your little ones. Meets every second Thursday of each month from 11:00 to 12:30 p.m. at the Covenant Women's and Children's Hospital, 4000 24th St. (5th floor classroom) in Lubbock. For more information, call (806) 725-6667.

Other support for breastfeeding:

La Leche League

1-800-525-3243, www.lalecheleague.org

More information

Someday Starts Now is the public awareness campaign of Healthy Texas Babies. The campaign's centerpiece is a bilingual website - www.SomedayStartsNow.com and www.AlgunDiaEmpiezaAhora.com. The website features tools for providers in the healthcare and community settings, Life Planning and Birth Planning Tools, videos on the importance of breastfeeding, partner involvement, and pre-conception health as well as information for men and women of childbearing age for before, during and between pregnancies.

American Academy of Pediatrics

www.aap.org

Healthy Mothers, Healthy Babies Coalition

www.hmhb.org

Maternal and Child Health Bureau

www.mchb.hrsa.gov

Consumer Products Safety Commission

www.cpsc.gov (infant product recalls, report unsafe products, child safety, etc.)

Keeping Babies Safe

www.keepingbabiesafe.org



Pregnancy Risk Line - (Texas Teratogen Information Service).

1-800-733-4727 www.ttis.unt.edu

Addresses concerns during pregnancy about any exposures that might cause a risk to the developing baby. Common examples of teratogens are alcohol, smoking, street drugs, prescription and over-the-counter medications, some environmental agents, and some chemicals.

Information on Sudden Infant Death Syndrome

(SIDS) 1-800-221-7437

also, 1-800-505-CRIB and 1-866-314-SIDS; www.nichd.nih.gov/sids

WIC

The Special Supplemental Program for Women, Infants, and Children (WIC) program is a health and nutrition program focused on improving the diets of infants, children, and pregnant, postpartum and breastfeeding women who are at risk for nutrition-related illnesses. The benefits of the WIC program include the provision of supplemental foods, nutrition education, health screenings, immunizations, and medical/ professional referrals.

Eligibility

- ✦ Income at or below 185% of the Federal Poverty Level
- ✦ Be at nutritional risk
- ✦ Texas resident (not necessarily a U.S. citizen)

To become a WIC client, individuals may schedule an appointment with a local WIC agency by calling **1-800-WIC-FORU (1-800-942-3678)**.

WIC sites in Lubbock:

Celia Ann
602 West Loop 289, Ste. 100. (806) 747-0178

Field's Building
1946 Ave. Q. (806) 747-0104

Freedom Square
1301 50th St., Space #7. (806) 747-0006

Parkway Clinic
1811 Parkway Drive. (806) 747-0182



Car Seats

Department of State Health Services. 806-783-6481
6302 Iola, Lubbock (by appointment only)

Parenting Cottage. 806-795-7552
Must attend training class and mother must be in seventh month of pregnancy.

Stork's Nest. 806-762-6730
2315 50th St., Ste. B, Lubbock
Car seats available for those who have acquired enough points through the program; no income requirement.

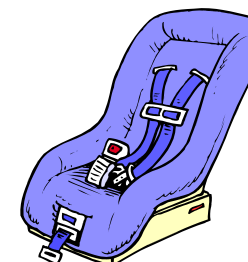
Texas Department of Transportation. 806-745-4411
Subject to availability. Free car seats and education on proper fit and installation. No income guidelines.

Safe Riders. 800-252-8255
Provides helpful information about child passenger safety and referral to a local safety seat education and distribution program for low-income families.
www.dshs.state.tx.us/saferiders

Car seat safety information:

Injury Prevention. 806-745-5428

National Safe Kids Coalition 202-662-0600
www.safekids.org



Child Care

Early Head Start, Texas Tech

Early Head Start is a program that offers a comprehensive system of services to low income pregnant women and families with children from birth to age three with family-centered services that facilitate child development and encourage family self-sufficiency. A home-based option is offered to pregnant women who qualify for services until their child is born and until there is space in the centers.

515 North Zenith Avenue, Lubbock. (806) 765-2729

**Eligibility based on income and limited to residents in the Cherry-point Parkway neighborhood in the 79403 zip code area.*

Early Learning Centers (www.elclubbock.org)

Lubbock United Way Agency serves low-income families with a full day child development program. Fees are based on income and eligibility. Locations are:

Carver, 2509 Elm St. (806) 744-6726
Vanda, 1301 Vanda. (806) 765-0110
Erskine, 2714 Erskine. (806) 763-0535
Guadalupe, 101 Ave. K. (806) 763-3777
New Directions, 417 N. Akron (LISD students only)

Day care information:

Children's Connections (806) 745-7995

2514 82nd, Ste. G, Lubbock

Provides childcare referrals, nanny searches, information on selecting quality care, adoption, and other parenting topics.

South Plains Child Care Services

1213 13th St, Lubbock. (806) 744-3572

Eligible families receive assistance with childcare. Parents must be working or attending school.

Child care search: http://www.dfps.state.tx.us/Child_Care/Information_for_Parents/default.asp

Women's Health Program

The Texas Women's Health Program provides low-income women with gynecological exams, related health screenings and birth control through Texas Medicaid.

Eligibility

The Women's Health Program is for women who meet the following qualifications:

- Ages 18 to 44.
- U.S. citizens and qualified immigrants.
- Reside in Texas.
- Do not currently receive full Medicaid benefits, CHIP, or Medicare Part A or B.
- Are not pregnant.
- Are not sterile, infertile or unable to get pregnant due to medical reasons.
- Do not have private health insurance that covers family planning services, unless filing a claim on the health insurance would cause physical, emotional or other harm from a spouse, parent, or other person.
- Meet monthly family income requirements.

You can fill out the one-page Women's Health Program application at a participating clinic and receive services the same day. If your women's health provider identifies a health problem such as a sexually transmitted disease, diabetes or cancer, you will be referred to a doctor or clinic that can treat you and you may have to pay for those extra services. The Women's Health Program only pays for the women's health services listed above.

CHIP Perinatal

The CHIP Perinatal program provides services to the unborn children of pregnant women who are not eligible for Medicaid. Once born, the child will receive CHIP benefits for the duration of the 12-month coverage period.

Benefits and eligible services in the program include 20 prenatal and 2 postpartum visits, similar to the prenatal and postpartum benefits offered through Medicaid. Prescriptions, prenatal vitamins, and labor with delivery of the child are covered benefits. Health care for the mother that is not related to the pregnancy and delivery are not covered. After the birth, the newborn will receive full CHIP benefits.

Applications will be processed within 15 business days, and the 12-month continuous eligibility will begin on the first day of the month in which the unborn child is determined eligible. A renewal application will be mailed in the 10th month of coverage. CHIP perinatal coverage is included in the application for children's health insurance (CHIP and Children's Medicaid). To get an application, you can:

- Call 1-877-KIDS-NOW (1-877-543-7669).
- Download the application at www.CHIPmedicaid.org.
- Pick up a copy at a Health and Human Services Commission benefits office. Call 2-1-1 to find an office or visit www.yourtexasbenefits.com and click on "Find an HHSC benefits office."
- Pick up a copy at a Women, Infants and Children Nutrition Program (WIC) office. Call 2-1-1 or 1-800-942-3678 to find an office.

Childbirth/Parenting

Covenant Health System, 3615 19th St., Lubbock

Covenant Women's and Children's Hospital. . . . (806) 725-6667

- Pre-registration
- Family-oriented environment
- Rooming-in policy
- Breastfeeding Program with certified lactation consultants
- Pastoral care services
- Infant security
- Newborn nursery
- Baby's first photo - online nursery

Classes and Events: Includes childbirth and breastfeeding classes, Infant CPR, car seat safety, and sibling tours.

www.covenanthealth.org/maternityclasses

* Non-Emergency Questions Line for New Moms:
(806) 725-4390

LISD Matthew's Alternative High School

417 N. Akron, Lubbock. (806) 219-2600

Alternative school for girls under the age of 19 who are pregnant or young mothers. Provides quality education for girls during pregnancy and after delivery. Instruction regarding pregnancy, childbirth, parenting, and the health of both mother and child. On-site child care provided on a sliding scale through New Directions Early Learning Center.

Matthew's Alternative New Directions Early Learning Center

417 N. Akron (806) 765-9126

On-site child care @ Matthew's Alternative High School, open to all LISD students with children, birth-3 years old. Quality child care with developmental programs, loving environment, affordable fees, nutrition program (bottles, formula, baby food & table food at no extra cost). Busing available for you and your child from your home high school. Early Learning Centers of Lubbock is a United Way Agency.

Childbirth/Parenting

The Stork's Nest

2315 50th St., Ste. B, Lubbock (806) 762-6730

The Stork's Nest is a joint program of the March of Dimes and the Zeta Phi Beta Sorority. Pregnant women receive free baby items (clothes, supplies, equipment, and nursery items) by keeping prenatal appointments, attending prenatal education classes, and maintaining a healthy diet and life-style throughout their pregnancies.

Opportunities are available for educational sessions on pregnancy, birth, and infant care. Information and referrals to the hospital of their choice for delivery and to other community resources are provided to meet individual health and social service needs.



Community Health Center of Lubbock

Women's Health Clinic

1318 Broadway, Lubbock. (806) 765-2611

Free pregnancy testing, prenatal care, prenatal classes/ Comenzando Bien, onsite Medicaid worker, lab services, contraceptive methods and counseling, pap smears, colposcopy, HIV/STD services, case management, social services.

Nurse Family Partnership

Larry Combest Community Health & Wellness Center

301 40th, Lubbock (806) 743-3390

The Nurse-Family Partnership Program serves first-time, low-income mothers/families in Lubbock and surrounding eight counties over a 2 year period. It is an evidence-based, home visitation program that improves pregnancy outcomes, health & well-being of mothers and infants as well as supports self-efficacy toward achieving personal goals and improving parenting readiness. The program is funded by a grant from HHSC and is no cost to eligible clients. Call (806)743-3390 for more information or visit:

www.nursefamilypartnership.org

Texas families with uninsured children may be eligible for health insurance through Children's Medicaid and CHIP (Children's Health Insurance Program). Both programs provide a wide range of benefits, including regular check-ups and dental care to keep kids healthy. Getting an application is as easy as calling toll-free

1-877-KIDS-NOW* or downloading an application from

www.chipmedicaid.org.

Children's Medicaid is health insurance provided at no cost to the children of families who qualify. Coverage begins as soon as the application is approved.

CHIP is health insurance designed for families who earn too much money to qualify for Medicaid, yet cannot afford to buy private health insurance. CHIP enrollment fees and co-payments are based on the number of people in the family and the family's income and assets up to 200% of the federal poverty level. Enrollment fees do not exceed \$50 for each six-month term of eligibility and most co-payments for doctor visits and prescription drugs range from \$3 to \$10.

To qualify for CHIP or Children's Medicaid, a child must be under age 19, a Texas resident, and a U.S. citizen or legal permanent resident. Federal law requires each U.S. citizen who is eligible for Medicaid to provide proof of citizenship and identity.

To qualify for Children's Medicaid, the child must be living in a family with assets below established levels. Assets do not include the family's home or personal property. In determining income eligibility, deductions for work-related expenses and dependent care expenses are allowed.

Medicaid - Texas Health Steps

Texas Health Steps (THSteps) is the Texas name given to the federally mandated program known as EPSDT (Early and Periodic Screening Diagnosis and Treatment). It is a service of the Texas Medicaid Program. THSteps provides preventive health care services at regular and periodic intervals to Medicaid recipients who are from birth through 20 years of age.

- Medical screenings
- Dental services
- Immunizations
- Vision exams/services
- Hearing exams/aids
- Comprehensive Care Services
- Case Management
- Laboratory services

Extra Help

The THSteps toll-free line allows individuals to obtain information on Medicaid services and how to access them.

The toll-free number is **(877) 847-8377**.

A current listing of medical and dental Texas Health Steps providers can be found at these websites:

www.dshs.state.tx.us/region1/thstepsmedical.shtm

www.dshs.state.tx.us/region1/thstepsdental.shtm



Teen Parents of Lubbock(806) 535-5486
2621 34th St., Lubbock www.yfclubbock.org

Program for pregnant and parenting teens. Weekly group meetings and mentoring. Baby Boutique. Services are provided even after the baby is born.

University Medical Center, 602 Indiana, Lubbock

Grand Beginnings Program(806) 775-8234

- * Pre-register for the hospital
- * Tour of Labor & Delivery and postpartum areas
- * Register for all classes
- * Assistance in locating OB physician
- * Discounted rates for self-pay customers
- * Lactation / Breastfeeding Office

Grand Expectations(806) 761-0611

2602 Ave. Q, Lubbock.

Monday-Friday 8:30 to 11:45 a.m. and 1:00 to 5:00 p.m.

- * Free pregnancy testing
 - * Prenatal vitamins
 - * Physician Referral
 - * Baby Boutique Baby Clothes Program
 - * Physicians and Nurse Practitioners on site offering prenatal care and family planning.
 - * Medicaid application assistance - HHSC worker on site
- Teen Clinic: Wednesday, 8:00 to 5:00

Grand Beginnings University(806) 775-8234

- * Classes include Childbirth 101 (prepared childbirth education), Childbirth 102 (refresher course), Breastfeeding, Baby Care Basics, Super Siblings, and Relaxation and Breathing.
- * Boot Camp for New Dads is a one-time class in which veteran dads instruct new dads about the realities of fatherhood.
- * Classes are free for women who deliver at UMC.

Childbirth/Parenting

PPI/ PROJECT APPLE

806.544.9200

904 Ave. O Lubbock, TX 79408-2828

History:

The PPI Project APPLE program was established through StarCare Specialty Health System, formerly Lubbock Regional MHMR in September 2008. Project APPLE provides community-based, gender specific outreach and intervention services for pregnant and postpartum adult and adolescent women at risk for, or with substance use/abuse problems.

Mission:

We provide evidence based parenting education to schools, agencies and on an individual basis. We use the Nurturing Parenting curriculum and are in the process of adding a new curriculum, Partners for a Healthy Baby. We also help individuals find resources in the community such as housing, transportation, day care, food and clothing. Please feel free to contact us with any questions, or if you or your child is in need of help.

Services Provided by PPI:

- Case management to identify the need for medical, educational, mental health, housing, and other necessities.
- Education, including but not limited to, reproductive health, parenting, fetal & child development, HIV and STD's, and nurturing parenting values curriculum.
- Substance abuse screening and assessment to identify

Medicaid - Texas Star Program

The Texas STAR (State of Texas Access Reform) Program is the Texas Medicaid managed care program. There are two models of managed care:

Health Maintenance Organization (HMO) - Recipients choose a Primary Care Physician (PCP) who is their medical home and makes referrals for other services from providers affiliated with the HMO.

Enrollment in the STAR Program requires that the family choose a health plan and a primary care provider (PCP). If the recipient does not choose a plan or a PCP within 30 days, one is assigned to them. STAR clients must obtain a referral from their PCP to obtain any kind of specialty care other than routine vision care, behavioral health care, and freedom of choice services, such as Texas Health Steps.

STAR Program Enrollment HelpLine (800) 964-2777

STAR Program, Lubbock. (855) 217-6419

Amerigroup 1(800)-600-4441

FirstCare 1(800)-431-7798

Superior HealthPlan 1 (866)- 768-8490

Medicaid—Medical Transportation

The Medical Transportation Program (MTP) coordinates transportation to medical or dental services for Medicaid clients of any age, when they have no other means of travel.

- Rural public transit service (van or sedan service)
- Mass transit service (Amarillo & Lubbock)
- Cab or van rides (Amarillo & Lubbock)
- Mileage reimbursement for driving your own car or for a friend who drives his/her car
- Airfare, meals, lodging services, and up-front travel funds (recipients through age 20)

Other information to know:

- Two days notice required; urgent requests arranged upon availability
- Children through age 14 require adult chaperones; adolescents 15 and 16 year olds may ride alone with written parental permission
- Spanish speaking staff are available

*Note: Transportation arrangements are made based on medical necessity. Medical providers may be contacted by MTP to validate medical necessity for long distance travel, necessary attendants or in determining a specific mode of travel in town.

1-877-MED-TRIP (1-877-633-8747)

Monday through Friday from 8:00 a.m. to 5:00 p.m. for questions and/or to arrange services



Childbirth/ Parenting

PADRE

806.740.1455

1615 28TH Lubbock, TX 79411

"The purpose of PADRE is to provide community-based, gender-specific services to parenting males and expecting fathers involved with the Department of Family and Protective Services (DFPS) with substance use disorders or who are at risk of developing substance use disorders who have children under the age of 6."

PADRE is dad focused with children from the age of 0-6.

Services Provided by PADRE

- Case Management
- Referrals
- Education (Parenting Education Classes Meet CPS requirement)
- Substance Abuse Screening and Assessment
- Alternative Activities

Children with Special Health Care Needs

Children with Special Health Care Needs Program (CSHCN) provides comprehensive medical services for eligible persons with a chronic physical or developmental condition.

Eligibility

- ✦ Younger than 21 years of age, except those with Cystic Fibrosis (no age limitation)
- ✦ Certified by a physician / dentist as a child with special health care needs
- ✦ Income at or below 200% of Federal Poverty Level
- ✦ Resident of Texas (does not have to be a citizen)

CSHCN will pay for such things as: doctor's visits, inpatient hospitalization, orthotic and prosthetic devices, medications, nutrition services and products, durable medical equipment, medical supplies, vision services, audiological testing, occupational therapy, speech therapy, physical therapy, home health nursing, hospice care, Family Support Services, case management and travel expenses including mileage, meals and lodging.

Family Support Services (FSS) include disability-related support, resources or other assistance and may be provided to the family of a child with special health care needs. FSS may provide such things as van-lifts and modifications, special equipment and supplies, training, specialized childcare and medical food products.

Referrals for the CSHCN program may be made to the DSHS Social Work Services office in Lubbock (806-783-6452) or Canyon (806-655-7151 ext. 228).

Medicaid - Case Management for Children and Pregnant Women

Case Management for Children and Pregnant Women provides services to eligible children and pregnant women who receive Medicaid or Title V benefits. Case Managers assist children, pregnant women, and their families in gaining access to necessary medical, social, educational, nutritional, transportation, vocational and any other needed services.

Pregnant women and infants eligible for this program include:

- Homeless or inadequate housing
- pregnant teenager
- pregnancy over the age of 35
- alcohol/drug/tobacco use or abuse
- family violence and/or disruption of the family circumstances
- low birth weight
- third trimester entry into prenatal care
- birth defects
- medically complicated circumstances and/or history of high risk pregnancy, premature labor and/or history of premature labor

To make a referral for case management or if you have questions about the program, call **(877) 847-8377**.

A list of case management providers in this area may be obtained by calling (806) 783-6452 or by visiting www.dshs.state.tx.us/region1/thstepscaseman.shtm

Medicaid - Basic Services

The Social Security Act specifies a set of benefits that state Medicaid programs must provide and a set of optional benefits that states may choose to provide. Below is a partial list of some of these benefits available to Texas Medicaid recipients:

Case management
Certified Nurse Midwife
Dental care (under age 21)
Durable medical equipment (under age 21)
Eyeglasses (under age 21)
Family planning/genetics
Home health care
Hospital (inpatient and outpatient)
Laboratory and Radiology
Maternity care clinic (limited)
Medical transportation
Physician services
Physical therapy
Prescriptions
Psychological services (under age 21)
Rehabilitation

The **State of Texas Assistance and Referral System (STARS)** provides links to government programs and some assistance providers - www.txstars.net.

Domestic Violence and Pregnancy

Pregnancy is supposed to be a time of peace and safety. Unfortunately for many women, pregnancy can be the beginning of a violent time in their lives.

Domestic abuse and violence against pregnant women has immediate and lasting effects. While some of the complications you might suspect are present, such as immediate injury to the woman or her baby, there are also other effects on the pregnancy.

Many women who are battered during pregnancy will continue unhealthy habits due to stress, such as smoking, drug use and improper nutritional habits.

Immediate effects on the pregnancy can include:

- Blunt Trauma to the Abdomen
- Hemorrhaging (including placental separation)
- Uterine rupture
- Miscarriage/Stillbirth
- Preterm labor
- Premature rupture of the membranes

Women's Protective Services, Lubbock. . . (806) 748-5292

National Domestic Violence Hotline:
1-800-799-SAFE (7233) www.ndvh.org

Crisis Hotline: (806) 747-6491
Toll Free: (800) 736-6491

ECI/DEBT

The Early Childhood Intervention Developmental Education Birth through Two (ECI DEBT) program provides services specifically designed for the early identification and intervention of children exhibiting delays in development.

A child may be eligible for services if he or she is:

- Age birth to two years old
- Has a condition which may result in developmental delay
- Has a developmental delay in one or more of the following areas: cognitive, gross motor, fine motor, self-help, or social/emotional
- Has atypical development as documented by a qualified professional.

ECI DEBT offers the following home-based services:

- Screening and assessment
- Physical, occupational, and speech language therapy
- Behavioral intervention
- Nursing intervention
- Service coordination
- Parent support group
- Transition services
- Transportation
- Nutrition services
- Social work services
- Vision/audiological services

Call (806) 766-1172 or (888) ECI-8661.

Federal and state law requires that professionals refer children for services within 2 working days of the identification of a disability or developmental delay.



Texas Medicaid

Medicaid is a jointly funded state/federal program administered in Texas by the Health and Human Services Commission. Medicaid only makes payments to providers for medical or dental care; it cannot repay a client for any money paid to a provider. Services must be received from medical or dental providers who are enrolled in the Medicaid Program.

- ◇ Eligibility for pregnant women is limited to Texas residents at or below 185% of the federal poverty income level.
- ◇ Medicaid for pregnant women covers prenatal care, vision, and other medical needs.
- ◇ Medicaid pays for dental services for women age 20 and under.
- ◇ There are no time restrictions or work requirements.
- ◇ Once certified, the woman will be covered until two months after the birth of the baby.
- ◇ The baby is automatically covered under Medicaid for one year.
- ◇ There are no costs, co-pays, or deductibles.
- ◇ If a woman has other insurance, Medicaid will cover the costs that the insurance company does not pay, as long as the cost is a covered Medicaid benefit.

For questions about children's Medicaid, call (800) 335-8957. To apply for Medicaid benefits online: www.yourtexasbenefits.com or www.chipmedicaid.org.

Sexually Transmitted Disease (STD) and Pregnancy

HIV

A pregnant woman with the Human Immunodeficiency Virus (**HIV**) can give it to her baby during pregnancy, at delivery, or by breast-feeding. Without treatment, about one in four babies born to HIV infected mothers are born with HIV. If a woman is infected with HIV, the drug, AZT, if taken early in the pregnancy, can greatly reduce the chances that the baby will become infected.

Call Texas AIDSLINE at 1-800-299-AIDS to find out about HIV testing and medical services in the area.

Syphilis

A mother infected with **syphilis** can pass the disease to her baby before birth. A baby born with congenital syphilis may be blind, deaf, mentally retarded, born with bone deformities, and/or still-born. Pregnant women should be tested for syphilis early and late in the pregnancy to detect and receive treatment. If the infection is caught early, the mother and her baby can receive treatment at the same time.

For more information on pregnancy and STDs, please call the City of Lubbock Health Department, STD Clinic at (806) 775-2933 or the Dept. of State Health Services, HIV/STD program in Lubbock at (806) 783-6436.

Genetic Services

The Genetics Services Division of the Department of State Health Services strives to improve the health of children who have genetic disorders. Genetics Services can:

- ✦ Give you information about the disorder
- ✦ Discuss how to cope with disorders
- ✦ Provide family risk and preconception/prenatal counseling
- ✦ Recommend referrals to community providers

You may benefit from genetic services if you are pregnant or considering pregnancy and one of the following applies to you:

- ◇ Married within own biological family
- ◇ More than 35 years old
- ◇ Exposed to substances that may cause birth defects (nicotine, alcohol, illegal drugs, etc.)
- ◇ Have had a stillbirth
- ◇ Have had more than 3 miscarriages
- ◇ Have had a previous child with birth defects
- ◇ Family history of mental retardation or birth defects

There are many genetic service providers throughout the state. To locate a provider nearest you, call (800) 252-8023 or see the provider list at www.dshs.state.tx.us/genetics/provider.shtml

Newborn Screening

The Texas Newborn Screening Program checks all newborn babies for 27 rare disorders. Newborns are first tested before they leave the hospital and again at 7-14 days of age in their doctor's office or clinic. To perform the test, a health professional will take a few drops of blood from the baby's heel.

For more information, please contact the Texas Department of State Health Services - Newborn Screening Program at (800) 252-8023 ext. 2129 or <http://www.dshs.state.tx.us/newborn/default.shtml>

Healthy Pregnancy Services

Heartline Women's Clinic..... (806) 788-0500

3021 34th St., Ste. C, Lubbock

Monday—Thursday: 8:30 to 5:00 and Friday 8:30 to 12:00 noon.

Free confidential pregnancy testing, ultrasound confirmation of intra-uterine pregnancy, education and practical help. Help with making decisions you can live with for the rest of your life.

Nurturing Center.....(806) 780-6853 or (800) TNN-4MOM

3303 66th St., Lubbock

Open Tue, Wed, Fri 10:00 to 3:00, and Thurs 8:00 to 3:00

A local non-profit organization serving the West Texas area. The Nurturing Center provides practical resources for a woman faced with an unplanned or unwanted pregnancy. Referrals and guidance for medical assistance, counseling and adoption are available. For those who qualify, programs are available for financial assistance and infant care assistance. For more information or to obtain a copy of our application for assistance, please visit: www.nurturinglife.org

Parenting Cottage.....(806) 795-7552

3818 50th St., Lubbock Website: www.parentingcottage.com

Parents as Teacher program provides home visitation and group parenting utilizing certified educators. Resources, including developmental screening, for families with children prenatal to kindergarten entry. Services are provided in Lubbock, Crosby, Hockley, and Hale Counties at no cost to families. Teen parent group meets monthly or bi-monthly at the Parenting Cottage and in Lubbock, Frenship, Leveland, and Shallowater high schools. Speaker's Bureau also available.

Parkridge Pregnancy Center..... (806) 794-8555

5203 79th St., Ste. B, Lubbock

Support for those involved in a relational crisis or a crisis pregnancy. Free pregnancy tests, accurate information, confidential counseling, help in decision making, emotional support, pregnancy and parenting classes, support groups, post-abortion counseling, on-going client care programs and referrals for social services.

Questions and Answers

Visit the March of Dimes Pregnancy and Newborn Health Education Center at www.marchofdimes.com



The March of Dimes Center has information on hundreds of topics. Choose one that you would like to ask or simply browse the site. We can answer all kinds of questions, like:

- What does a positive triple screen mean?
- What are the signs of preterm labor?
- Why do all newborns get a blood test?

Email askus@marchofdimes.com

Send us your questions about pregnancy or the health of your new baby, and receive a personal and confidential reply.

Call the March of Dimes in Lubbock for brochures, videos, and other information at (806) 797-6771.

Call 2-1-1

2-1-1 Texas is a free, easy-to-remember phone number connecting callers with health and human services in their area. No matter where you live in Texas, you can call and get referrals to services available in your community.

Note: Cell phone users may need to call their 2-1-1 Area Information Center directly, as most cell phones are not able to access 2-1-1 at this time.

Preterm Labor

Preterm labor is labor that starts before the end of 37 weeks of pregnancy. About one of every ten babies born in the United States is born preterm. Although the exact causes of preterm labor are not known, there are things that a pregnant woman can do to improve her baby's chances of being born healthy.

Watch for warning signs:

- ◇ menstrual-like cramps or cramps with or without diarrhea
- ◇ low, dull backache
- ◇ pelvic pressure
- ◇ increase or change in vaginal discharge
- ◇ regular contractions every 10 minutes for over 1 hour
- ◇ vaginal bleeding

What to Do:

- ◇ Stop any activity and rest on left side for one hour
- ◇ Drink at least 3-4 glasses of water
- ◇ If the symptoms continue after one hour, call your doctor

Avoiding Preterm Labor:

- ◇ Get regular prenatal checkups
- ◇ Try to avoid stressful situations
- ◇ Know the warning signs; for some women, warning signs can happen during or after sex
- ◇ Do not take street drugs, drink alcohol, or use tobacco
- ◇ Maintain good oral health (periodontal disease is a risk factor for preterm birth)
- ◇ Call the doctor or nurse with painful urination

For more information about preterm labor, call your doctor or contact the March of Dimes at (806) 797-6771.



Immunizations

The Texas Vaccines For Children (VFC) is a program for improving vaccine availability by providing vaccines free of charge to eligible children through public and private providers statewide.

For a complete Immunization schedule:

www.dshs.state.tx.us/immunize/imm_sched.shtm

You may also contact the Immunization Program at (800) 252-9152.

ImmTrac

When a health-care provider gives a child a vaccine, and the parent consents to registering this information, the statewide immunization registry, known as ImmTrac, is notified. ImmTrac will keep an electronic immunization record on the child. Some information contained in the registry are the child's name, date-of-birth, address, the name of the parent or guardian, information on the vaccinations given, and where vaccinations were received.

City of Lubbock Health Department(806) 775-2933
Immunization Clinic, 806 18th St. Lubbock, Texas

Maternity Homes/Adoption Services

Adoption Covenant

1304 16th St., Lubbock.....(806) 741-0268
Adoption agency and counseling services for pregnant women who do not choose adoption. www.adoptioncovenant.org

Buckner's Children's Home

129 Brentwood Ave, Lubbock. (806) 795-7151
www.bucknerchildren.org/lubbock/foster-adopt/index.asp

Children's Home of Lubbock

4404 Idalou Road. (806) 762-0481
www.childshome.org Adoption, foster care, emergency shelter

Gladney Center for Adoption, Ft. Worth, Tx.

Gladney Auxiliary (Lubbock area). (806) 798-0300
Support and information for maternity services. Residential care and adoption services are available. www.gladney.org

Smithlawn Maternity Home

711 76th St., Lubbock.....(806) 745-2574
<http://home.windstream.net/smithlawn/>
Group home with counseling and residential care for expectant mothers. Adoption services for prospective adoptive families.

Texas Department of Family and Protective Services

Adoption Services. (806) 762-2680
5402 S. Ave Q, Lubbock www.dfps.state.tx.us

Information about adoption:

National Adoption Information Clearinghouse

www.adoption.org/adopt/national-adoption-information-clearinghouse.php or www.adoption.org

Catholic Charities: 1-800-CARE-002 (1-800-227-3002)

Postpartum Depression

In Texas, at least 36,500 moms suffer from postpartum mood disorders every year. When mothers are not healthy and happy, infants may also suffer the consequences.

The *Parenting and Postpartum Counseling Information Law* requires physicians, midwives, hospitals and birthing centers who provide prenatal care to a pregnant woman during gestation or at delivery to provide the woman with a current resource list of professional organizations that provide postpartum counseling and assistance to parents. In addition, it must be documented in the client's chart that she received this information and the documentation must be retained for a minimum of three years.

The list is maintained by the Texas Department of State Health Services at <http://www.dshs.state.tx.us/mch/depression.shtml>

Websites/Support Forums

Postpartum Support International

<http://www.postpartum.net/>

Postpartum Stress Center

<http://www.postpartumstress.com/>

Depression After Delivery

<http://www.depressionafterdelivery.com>

Online PPD Support Group

<http://www.ppdsupportpage.com>

In Lubbock:

Covenant Behavioral Health Care Services

1-800-972-7575

<http://www.covenanthealth.org/OurServices/behavioralhealth>

Oral Health and Pregnancy

During pregnancy, a woman's body experiences a surge in hormones, which can exaggerate the body's normal response to plaque on your teeth. If plaque is not removed daily by brushing and flossing, it can irritate the gums and cause a condition known as pregnancy gingivitis. **Pregnancy gingivitis** is a condition in which the gums become red, swollen, tender and prone to bleeding. Following fluctuations in hormone levels, it usually starts around the second month of pregnancy and decreases during the ninth month.

Keeping the teeth clean, especially near the gumline, can prevent gingivitis. Routine cleanings can generally be performed throughout the pregnancy, but the best time for any dental treatment is during the second trimester. Elective procedures should be postponed until after the baby's birth.

Contrary to popular belief, a fetus does not absorb calcium from his mother's teeth; and the old adage that a tooth is lost for every pregnancy is not true.

List of Medicaid dental providers: 1-877-847-8377
<http://www.dshs.state.tx.us/region1/thstepsdental.shtm>

Multiple Births

Deals and Discounts for Parents of Multiples:

<http://www.multiples.about.com/od/dealsdiscounts/>

Deals_and_Discounts_for_Parents_of_Twins_Multiples.htm

Beechnut Food Corporation.....1-800-523-6633
Coupons for food products 2-5 times

Evenflo Products.....1-800-356-BABY
Twins-quads starter kits and coupons

Gerber Multiple Birth Program.....1-800-4-GERBER
Coupons for twins and free food, coupons, and feeding spoons for triplets and more. Sample can of formula

Johnson and Johnson1-800-526-3967
Twins-quads gift packet and coupons

Kimberly Clark (Huggies Diapers)..... 1-800-544-1847
Coupons and free products for twins-quads

Mead and Johnson (Enfamil)..... 1-800-222-9123
Free case of formula and coupons for multiple births

Playtex1-800-222-0453
Coupon for \$6 off a diaper genie

RC2 Brands/The First Years1-800-533-6708
Twins-quads bibs and rattles

Ross Laboratories (Similac)1-800-986-8151
Call for information or talk to pediatrician's office for rep.

Scott Paper Co.1-800-TEL-SCOT
Coupons for twins-quads